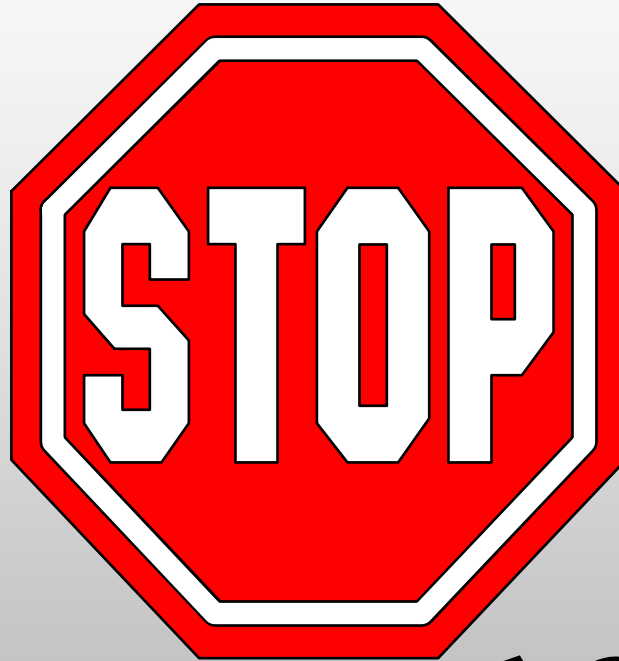


Summer 2006 Lifesaving Campaign



Unsafe Acts

Summer 2006 Lifesaving Campaign



Unsafe Acts

WATER SAFETY RISK MANAGEMENT POINTER



PERSONAL
FLOATION DEVICE



**IT WON'T WORK
IF YOU DON'T WEAR IT**

Summer 2006 Lifesaving Campaign



Unsafe Acts

WATER SAFETY RISK MANAGEMENT POINTER



DRINKING + WATER = TROUBLE

Summer 2006 Lifesaving Campaign



Unsafe Acts

Jogging Safety



- ✓ **Pace yourself**
- ✓ **Good running shoes are essential**
- ✓ **Always jog against traffic**
- ✓ **Be seen while running**
- ✓ **Finish with cool down**
- ✓ **Headphones are prohibited**

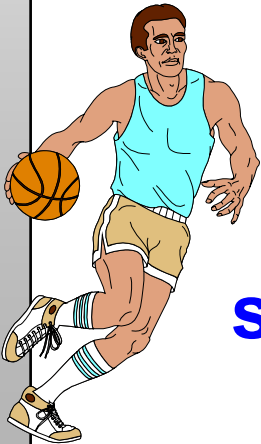
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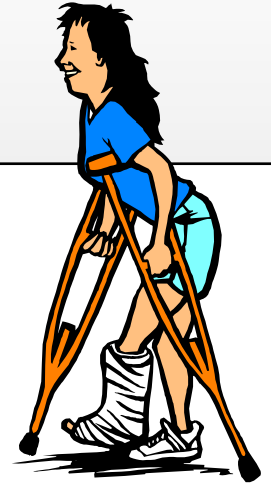
Unsafe Acts

Sport Injuries

More soldiers are injured playing sports than performing combat soldiering activities.



Basketball is the most frequent sports injury producer in the military.

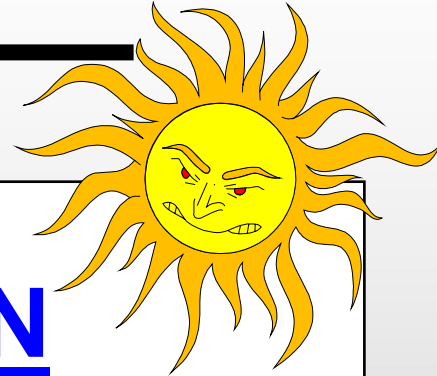


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Unsafe Acts

SUNBURN PREVENTION



- Use sunscreen - reapply frequently
- Moderation - avoid extended exposure during peak hours (1000-1600)
- Avoid repeated exposure
- Seek medical care if severely burned

Summer 2006 Lifesaving Campaign



Unsafe Acts

Summer 2006 Lifesaving Campaign



Unsafe Acts

Bicycle Safety



When you ride.....

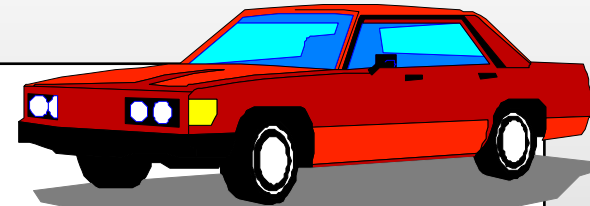
- ✓ **See and be seen**
- ✓ **Carry a backpack with essential repair tools**
- ✓ **Avoid riding at night**
- ✓ **Ride single file with traffic and obey traffic signs**
- ✓ **Use hand signals**
- ✓ **Stay alert for road hazards**
- ✓ **Watch for motorists**
- ✓ **Stay out of driver's blind spots**

Summer 2006 Lifesaving Campaign



Unsafe Acts

POV SAFETY



- * Don't drink and drive
- * Use a designated driver
- * Wear seatbelts
- * Obey the speed limit
- * Don't drive when you're tired
- * Take rest breaks

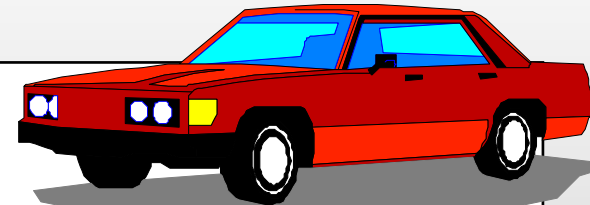
Arrive Alive

Summer 2006 Lifesaving Campaign



Unsafe Acts

POV SAFETY



- * Adjust speed for conditions
- * Don't follow too close
- * Maintain your vehicle
- * Drive defensively
- * Do not use cellular phone while driving.



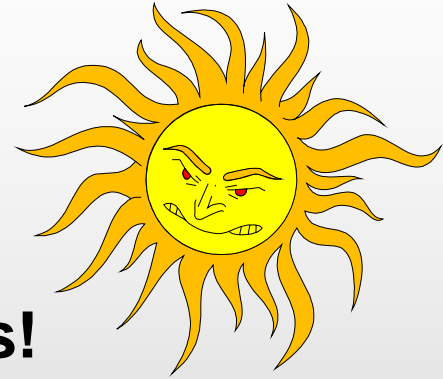
Arrive Alive

Summer 2006 Lifesaving Campaign



Unsafe Acts

Driving in Europe



- **Wear your seatbelt!! It saves lives!**
- **Rules of the Road:**
 - “Right Hand Rules” – If there are no other traffic controls (signs, lights) at an intersection, the person on the street to your right has the right of way.
 - Street cars and buses pulling from stops have right of way.
 - Stay in the right hand lane except for passing.
- **Pay attention to the signs...know what they mean!**
 - **Speed limits *DO* exist!!**

-Autobahn: 130kph

Priority Roads: 100 kph

Cities: 50 kph

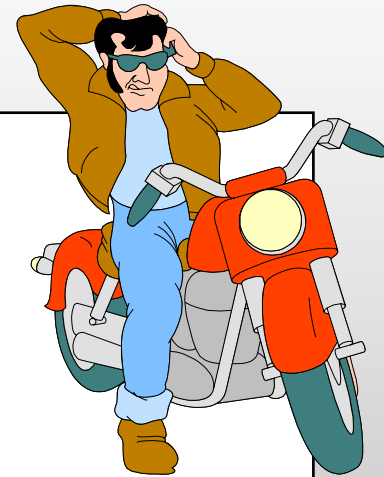
Summer 2006 Lifesaving Campaign



Unsafe Acts

MOTORCYCLE SAFETY

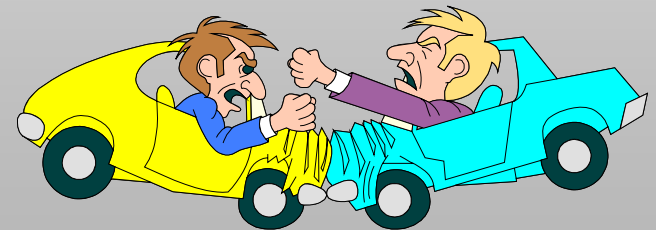
- **Meet licensing requirements**
- **Keep your motorcycle roadworthy**
- **Wear your protective gear**



Summer 2006 Lifesaving Campaign

Driving in Europe

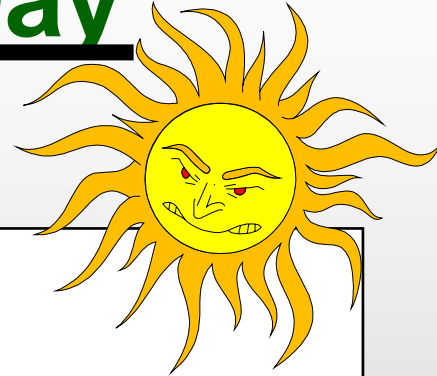
- **Fatigue – No need to see all of Europe in one weekend!**
 - **Same effects as alcohol**
 - **Get enough sleep before driving**
 - **Share driving responsibilities**
 - **Avoid Cruise Control**
 - **Take a break**



Summer 2006 Lifesaving Campaign / Motor Vehicle Safety Day



Unsafe Acts



USAG Giessen will conduct a Safety Day

28 June 06, 1300 – 1600, Giessen Depot, Fire Station

29 June 06, 1300 – 1600, Friedberg Ray Barracks, CMR Parking Lot

Motorcycle Safety Class: 29 June 06, 0800 – 1000, Giessen Depot, Bldg 156 Motor Pool

Everybody is invited to attend.